

WHAT IS CLAIMED IS:

1. An exercise apparatus, comprising:

a frame;

a seat mounted on the frame;

5 an upper body support pivotally mounted on a first portion of the frame for pivoting about a first pivot axis, and extending generally vertically upward in front of the seat;

a lower body support pivotally mounted on a second portion of the frame for pivoting about a second pivot axis, and
10 extending generally horizontally outward beneath the upper body support and forward of the seat; and

a link pivotally interconnected between the lower body support and the upper body support in a manner that constrains the upper body support and the lower body support to pivot in
15 opposite directions relative to the frame.

2. The exercise apparatus of claim 1, wherein a forward end of the lower body support has upper and lower foot engaging portions configured and arranged to accommodate a person's feet therebetween.

20 3. The exercise apparatus of claim 1, wherein a universal joint is provided in an intermediate portion of the upper body support.

4. The exercise apparatus of claim 1, wherein the seat is rigidly connected to the frame.

25 5. The exercise apparatus of claim 1, further comprising a resistance device interconnected between the frame and the upper body support.

6. The exercise apparatus of claim 5, wherein the resistance device is disposed entirely beneath a planform defined by the seat.

7. The exercise apparatus of claim 1, wherein each said
5 pivot axis extends beneath a planform defined by the seat.

8. The exercise apparatus of claim 1, wherein the upper body support is centered transversely relative to the seat, and is configured and arranged to accommodate a person's legs on opposite sides thereof.

10 9. The exercise apparatus of claim 1, wherein the link extends across a line drawn perpendicularly between the first pivot axis and the second pivot axis.